

Checklist

Be square with yourself. The injury of others may hurt you, but can inflict no such injury as being un-square with yourself.

GOOD THINGS TO EAT.

The following are a few good dishes to serve at times of the gathering of the clan.

Jellied Chicken Sandwiches.—Chop the meat of a cold chicken with a stalk of celery, or put all through a food chopper. Season with salt, lemon juice, onion and minced parsley. Soak one tablespoonful of granulated gelatin in a teaspoonful of water, then add six tablespoonfuls of cream and heat over hot water until the gelatin is softened, and dissolved. Add the chicken meat, lemon juice, salt and parsley to taste; beat all together thoroughly and pour into a shallow pan, set in cold water. Set on ice to chill, then cut in slices to fit the bread cut for sandwiches.

Roast Beef Salad.—Cut rare roast beef in thin slices and marinate with French dressing to which a finely chopped onion has been added. Serve with pickled beets and lettuce.

Coffee Ice Cream.—Scald a pint of milk with a half cupful of dry coffee. Strain into three slightly beaten eggs, one cupful of sugar and a fourth of a teaspoonful of salt. Return to the stove and cook until the mixture coats the spoon. Add a quart of cream and freeze. Serve with marshmallow sauce.

Marshmallow Sauce.—In the upper part of a double boiler put one-fourth of a pound of marshmallows. When melted, pour over it a mixture of one cupful of sugar and a fourth of a cupful of water ten minutes. Add one-half of a teaspoonful of vanilla and cool.

Roast Goose With Stuffing.—Prepare the goose as usual, washing in soda water to remove all objectionable oil and dust, wipe after rinsing and stuff with two finely chopped onions, one-fourth of a cupful of finely chopped pork, and combine with two cupfuls of hot mashed potatoes and one and a half cupfuls of bread crumbs. Bake in a moderate oven for three hours, using a third of a cupful of salt, well, add one beaten egg, a teaspoonful of sage and a little black pepper.

A new stuffing for turkey which is recommended is the giblets chopped and mixed with cooked seasoned macaroni and used as any stuffing.

GOOD THINGS FOR WINTER.

For a chilly night what more grateful or appetizing food could greet one than potato soup.

Potato Soup.—Cook three potatoes, three stalks of chopped celery and a quart of chicken stock together. Rub through a sieve, when the vegetables are tender. Scald a pint of milk with a slice of onion, a blade of mace and a bit of bay leaf; strain and add three tablespoonfuls of butter and four creamed together, cook five minutes. Combine mixture, season to taste with salt, pepper and cayenne.

Spinach Omelet.—Make an omelet, using four eggs, four tablespoonfuls of milk, salt and pepper to taste. Have the omelet pan hot, put in a tablespoonful of butter, then turn in the egg mixture. As the egg sets lift with a knife around the edges. Fold the omelet and turn out on a bed of cooked, hot, seasoned spinach.

Week Beef.—Cut Hubbard squash in thick slices, removing the shell and the inner seeds and pith. Butter a deep stone baking dish. Arrange a layer of squash; dust with salt and pepper, add thinly sliced onion and a layer of thinly sliced carrots, covering a thin layer of chopped parsley. Repeat with the alternate layers until the dish is full and then fill up with beef stock. Cover and cook for two hours. Make a thick brown sauce with some of the stock, add a tablespoonful of Worcestershire sauce and arrange the cutlets on a platter with the brown gravy poured over it. Serve with potatoes and turnips.

Tunny Fish Balls.—Pick the fish bone and add to the mashed potatoes while they are hot, taking two-thirds as much potato as fish. Add plenty of butter, salt and pepper and fry in deep fat.

Cranberry Ice.—Cook a quart of cranberries in a pint of water six minutes. Strain through a cheesecloth, and a pint of sugar and stir until dissolved. When cool add the juice of two lemons and freeze to a mush. This will serve a dozen short cut cups.

POSTSCRIPTS

English naval vessels given corrugated hulls for experimental purposes are said to be economical of fuel, to have more cargo room, to be stronger and to be less sensitive to wave motion.

An education scheme which has been under way in Siam for twenty years has led to the laying of the foundation of Bangkok university's first buildings, for arts, medicine and engineering.

To prevent the vibration of small craft using detachable motors an inventor has mounted his motor on a separate float that can be fastened behind a boat or canoe.

The Philippine bureau of agriculture has begun a thorough study of the banana, botanically and commercially, and has collected banana plants from all over the world.

A floor scrubbing implement has been invented that is supplied with water through a tube from a faucet and carries a supply of soap in a container through which the water passes.

The prettiest and daintiest among the new accessories are the gill slippers and stockings which are to be worn for the winter dances and very formal evening affairs. The stockings match the slippers perfectly, having a metallic sheen. The footwear is to be had both in bright and dull gilt.

The cotton slippers, those that lace high above the ankle with ribbons are again in favor. The short and bouffant skirts are responsible for this. These pretty slippers are similar to the tan-

We have such extraordinary powers of persuasion when they are exerted over ourselves.—Dickens.

FOOD HELPS.

Efficiency in housework, as well as cooking, demands that no money be wasted. Energy, patience and time should also be conserved for they are of still more value.

Potato Omelet.—This is an economical omelet and will in consequence appeal to the thrifty cook. Beat the yolks of three eggs very light. Season a cupful of mashed potatoes with a saltspoonful of salt, add a half cupful of milk, two teaspoonfuls of sifted flour, a little chopped parsley, pepper to taste and lemon juice if liked. Add well beaten yolks of this, then the beaten whites. Add a tablespoonful of butter to a piping hot omelet pan, pour in the potato mixture and brown lightly, turn and serve very hot. Garnish with fresh parsley.

Parker Roast Beef.—To prevent the meat from becoming dry in cooking cover with pieces of suet that have been pounded with a wooden mallet until thin as slices of bacon. If a long thin roast allow eight minutes to the pound in roasting. This applies more to a gas oven than slower heat. Serve with fresh grated horseradish.

Another Swiss Steak.—Select a two-pound steak from the upper part of the round. Have it one and a half inches thick. Sear on both sides in a hot frying pan, then remove to a meat board and dust thickly with flour, pound in as much as possible with the edge of a saucer, place in a casserole. Add one chopped onion and a cupful of tomato. Season with salt and pepper, place this dressing on half of the meat and fold the other half over. Add a little water, renewing occasionally as it is needed and cook very slowly for three hours. Thicken the gravy and serve from the casserole.

Cranberry Relish.—Take two parts of cranberries, three and a half pounds of sugar, one pound of seeded raisins, the rind of two oranges, chopped fine, one cupful of vinegar, the juice of two oranges, one teaspoonful each of ginger, cloves and cinnamon. Cook until thick like marmalade. This is excellent conserve with cold meats, especially turkey and game.

SEASONABLE DISHES.

On these cold winter nights when a hot soup is most acceptable, the cheap onion soup is easily made and always appetizing.

Onion Soup.—To four good sized onions, chopped very fine, add two thin slices of bacon; cook slowly until the onions are soft and the bacon a light brown. Add two cupfuls of cold water and let come to a boil. Mash the onions with a spoon, add to the soup one and a half cupfuls of rich milk; season well with salt, pepper and a dash of cayenne. Thicken with a tablespoonful of four mixed with a little milk, cook until the flour has time to be well cooked.

Fruit Roly-Poly.—To two cupfuls of flour add a quarter of a teaspoonful of salt, four teaspoonfuls of baking powder and a tablespoonful of shortening. Mix with cold water to a consistency to roll out thin. Take a cupful of canned peaches or pineapple, chopped, or any fresh fruit, spread the fruit on the rolled out crust and sprinkle with sugar, roll up as a jelly-roll and put into a deep round pan, well greased with butter. Add a half cupful of sugar with a tablespoonful of butter, cover with boiling water and put into the oven to bake until brown. The boiling water, sugar and butter make a sauce. Serve hot.

Roast Goose With Russian Stuffing.—Slit, draw and wash the goose with strong soda water, rinsing and wiping well. Dredge with flour and stuff with two cupfuls of tart apples, greenings or baidwins, and one cupful of raisins. This is a stuffing which will be delicious and quite different.

Jellied Prunes.—Cook a third of a pound of prunes until soft; remove the stones and cut the prunes in pieces. Soak half a box of gelatin in a half cupful of cold water and add a cupful of sugar. Boil the prunes for five minutes, add a cupful of lemon juice, a fourth of a cupful of cream and the prunes. Mold and chill. Serve plain or with whipped cream.

Somebody's occupation, or business, is the thinking up of pretty things that have turned her attention recently to artificial flowers. For these cunning copies of nature's beauty-wonders are compelling attention everywhere because they are used in new and unusual ways. We are used to seeing them in corsage bouquets and replacing natural flowers in the lines of the picture, made of two orchids and many sprays of like-like lilies of the valley. In the heart of an orchid, concealed by flower petals, is a tiny box of compact powder and the other dore to harbor in this secret way a box of rouge. Flower petals cover the small powder puff that slips in each label on them. Sometimes there were no labels and then I could have a lot of fun deciding what labels to put on them. There were many surprises in store for those who bought such stuff at "bargain."

I would paste new labels on such cases I could not tell the contents of, and ship them out to our customers.

Sugar, that had become wet, and which I had to break up with an ax, salt the same, prunes full of worms, cold salted alive, were roaches, salt fish strong enough to float a ship, flour and crackers filled with vermin—yes, I bought all sorts of stuff and sold it at a great profit.

And clothing—there's where I made some of my greatest profits, for the clothing I sold, in a majority of instances, was made by half-grown Jewish girls and boys in what are known to the trade as "sweatshops."

The vest I sold as a part of your suit was probably cut by a sweating Jew from Russia, who cannot speak more than a few words of our language. He cuts them out in lots, a pile of cloth a foot deep and he cuts them with a big knife that looks more like a straw or hay knife—the kind you use to cut hay out of a stack.

Then these pieces of cloth are sewed together by perishing young Jewesses. They get a few cents for sewing a vest. Another gets a few pennies for putting in the pockets. And

others get a similar amount for sewing on a collar, etc. All this work is done by the dozen. So many cents per dozen.

The costmakers are generally men, but some shops have women because they are cheaper. Most of the work is done right there in the shop so the inspector can watch the poor sweating men and girls at work and keep them speeded up. The poor slaves who sew the garments I sold have never placed a hand on a well-dressed man nor worn a well-fitting garment themselves.

It's the same with the cloaks and suits of the woman folks. All this stuff is cut out by the dozen at one time with big knives—literally sawed out. The making is done in the same manner. If you could only see the dirt and filth of these foreign slaves who cut and sew the garments I sold you would shudder with horror at the prospect of placing the garments on your back.

Your own tailor or dressmaker, right in your home town, will make you a suit or a coat much better than the sweatshop workers and you can be sure that you are not going to catch any disease from it. You will find that it is sewed better, that it won't rip, that the buttons won't fall off, and that your pockets won't turn into gaping holes. Again you will find that the material is better and dependable, that the style is better, etc. In every way it will be more desirable.

It will be the same way with your hats and shirts and shoes. In fact you will discover that with everything I sold there will be something lacking.

Concerning the Remaking of Suits



It is a good idea to buy an extra yard or so of the material selected for a tailored suit, in order that the coat or skirt, or both, may be altered and the suit remodeled. Good fabrics outlast styles, and a suit is often regretfully consigned to the discard, not because it is worn but because styles have changed since it was made.

A suit that is required to do more than one season's service without any alteration should be conservative in style. A plain skirt of medium fullness, and a box coat or one of the plain, semifitted models, if well made of good material and fine finish, is never out of fashion.

A good model to follow in remaking a suit is shown in the picture given here. The skirt is made with an inverted panel set in at the back and front, and a narrow skirt may be widened by the addition of such panels.

Another good plan for widening a narrow skirt is to split it up at each side into the width of the hip. Here it is

trimmed to form a yoke, and an extra piece is set in at each side by slipping or plaiting it to the yoke. The fashion for short skirts help make the way easy in altering them, and borders at the bottom and bands set on are useful for the same purpose.

Coats have been brought up to date this season by the addition of full skirts, set on at the waist line, and by belts and pockets made in the new mode. A collar and cuffs in another fabric help out in the transformation, and buttons supplement these with the smartest of finishing touches.

It is a great satisfaction to convert an old style into a new one. Whether one is compelled to be economical or not a remade suit made of good cloth adds variety to the wardrobe and admits of the exercise of the individual taste in design.

Artificial feathers for millinery, made of fur, have been invented by a Boston man.



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Confessions of a Mail Order Man

By Mr. M. O. X.

Revelations by One Whose Experience in the Business Covers a Range From Office Boy to General Manager

HOW ENORMOUS PROFITS ARE MADE.

I bought where I could get things the cheapest and where our money would go the farthest. Not satisfied with doubling on the cost of an article: in other words making 100 per cent on your money, I began to scratch and dig for the little profits on the side, in addition to the big profits I made on the price.

For instance, I would advertise an article for sale in our catalogue at six dollars. This article would cost us, in the house of the wholesale dealer, for example, \$2.50. By paying cash I would make a per cent addition and for quantity (I agreeing to take, say 1,000 of this particular thing) I would obtain a discount of say five per cent.

This is how I would figure it out:

Cost of article	\$2.50
Cash discount at 2 per cent.	.05
Quantity discount at 5 per cent.	.125
Net cost	\$2.325
Discounts	.175
Net cost	\$2.50
Selling price to customer	\$6.00
Our profit	\$3.50

You can see for yourself that when I was making such profits it was but natural that I should deem it proper to spend the money on trips to Europe and up the Nile, etc. Of course, I had plenty of money to spend. Even way back when the concern was in its infancy I always made big money. And it made no difference what the financial barometer said about the money market, I was in advance, and bank failures nor by financial stringencies, I did not have to borrow any money. Of course not. You furnished it.

Good gracious, if you had furnished your local merchants with the cash you sent me, in advance, they would all be millionaires, now, instead of plodding along trying to make both ends meet.

Take it, for instance, that you sent me an order for a lot of things including hardware. Did you advance the money for the hatches and hammers and other tools broke so easily or would not keep an edge? Did you wonder why the locks became broken and out of order? Did you wonder why nothing would work just as it should?

Your dealer in your own town buys goods that he feels are of poor quality and service and is satisfactory. If not you can make him give you a duplicate that will fill the bill. But he is a different proposition. He has to be right there in his store to meet you face to face while my concern is a long way off.

In groceries, too, it was my custom to buy up what we call "job lots" of any merchandise whatever. If a merchant went broke and went into bankruptcy I used to bid on his stock. I would buy it for all cash, for a long way from fifteen cents to forty or fifty cents on the dollar. He always wanted cash and was willing to sacrifice his goods at any price. Then I would take this stuff and parcel it out. All was fish that came to my net. I would offer some old junk that he had kept on his shelves for many years, as special bargains, and would quote descriptions as though the stuff were new, and yet make a price that sounded low. I would call an article "valued at" \$25, and price it at \$3.50. It would have cost us about half a dollar or perhaps less.

Cases of tomatoes, corn, fruit and other canned goods were my specialty. Many and many a time have I dug up from the cellar or from the back of the shelves of some old merchant whom I bought out for cash at a very small price, a lot of old cans, bulged out, and rusted and looking as if they had been there for years. And they had, probably. I would set a boy to work cleaning and polishing these small powder puffs that slip in each label on them. Sometimes there were no labels and then I could have a lot of fun deciding what labels to put on them. There were many surprises in store for those who bought such stuff at "bargain."

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WOODS OF VARIOUS STRENGTH

Investigation Has Shown That Presence or Absence of Tylose Makes a Great Difference.

The reason why one kind of wood is more durable than another is owing to the fact that one contains the substance known as tylose in more generous quantities. Tylose is the material which fills the pores of the wood and resists the entrance or action of decay. For instance, white oak is well suited and much used for barnboards, while, on the other hand, red oak, which is apparently of the same strength, is not at all suited for the purpose.

A close examination of the white oak reveals the presence of the tylose which seals all the little pores of the wood. Red oak has none of the tylose. For this reason a fence post of white oak will last much longer in service than one of red. Timber engineers who inject creosote and other substances into wood to retard decay long ago made lists of species that were hard to treat, and others which were easy.

The preservative fluids, we are told, penetrate certain woods to a considerable depth when moderate pressure is applied; while others are almost impervious, no matter how great the pressure. Those hardest to penetrate by preservative fluids are those best supplied with tylose.

THE SANDMAN'S STORY

By Mrs. F. A. WALKER

JACK RABBIT GETS WELL.

Jack Rabbit continued to improve after Mister Fox came to visit him in his burrow, but he was still rather weak on the morning when he started for the first time since his illness to visit the fox in his home on the hill. As he started out he thought again of the last lesson that the fox had taught him, and said to himself: "This walk is not going to be half so hard as it seems, if only I keep up my courage."

Jack Rabbit had thought many times of the lesson that had been so well shown by the fox, when he walked through the spider's web, after the beetle and the bumble bee had failed.

Mister Fox was watching for the rabbit, and while he was still a long way off saw him coming and ran down to meet him.

"Well, well," said the fox, "I am certainly glad to see you and looking so well, too. One would scarcely think that you had been ill at all. I hope that the walk has not tired you too much."

When they got to the door of the fox's house, he said: "Come right in and have some tea. I know that you must be tired, and perhaps a bite of something to eat will refresh you a little." The fox was thinking of the meal of green vegetables which the rabbit had set out for him, and he was almost inclined to offer the rabbit nothing to eat but the best of a turkey, which had been missing for some days from a neighboring roost.

"But," said the fox to himself, "that would be an unkind thing to do to the rabbit since he has been ill, and I suppose he forgot the other day that the foxes do not eat green vegetables."

So instead of the turkey he brought out some green pea pods, which he had gathered the day before, and the rabbit thought he had never tasted anything more delicious.

"They are the finest I ever ate," said the fox, "and he finished the last of them, and it was exceedingly kind of you to be so thoughtful."

They sat and gossiped the news of the wood for an hour or so before Jack Rabbit, rising said: "Well, I think that it is about time I was going home. The matter is pretty long one and I have to go rather slowly. I shall have plenty of time to think over whatever bit of wisdom you have to give me on my way home, although I may not be so fortunate as to see any application of the lesson."

"I would advise you," said the fox, "and you had perhaps better take two or three days to apply the lesson I am about to tell you. There are a great

many men and a great many animals who are never happy, and for the most part, they are themselves to blame, for they have not learned the lesson that contentment with what we have is the greatest source of happiness."

"That, then, is the lesson I am to apply," said the rabbit. "Well, I am to see how well I can do it," and saying good-bye to the fox Jack Rabbit started for home.

All the way home he did not see a thing which furnished any sort of an application of the wisdom that the fox had told him, but the next morning he was awakened by the sound of voices outside his burrow, and peeking out of the hole, he saw a small boy holding in his hand a cap which was worn and frayed, and he was saying to himself: "I won't wear that old cap any longer. My father has got to buy me a new one, and to make sure that he does I am going to throw this one away," and, drawing back his arm he flung it as far as he could toward some bushes, where it landed in a hollow of the ground, well covered by a thickly leaved branch of a small tree.

"What an unhappy boy," said the rabbit, "and I because he is discontented with what may be the best that his father can afford."

A few hours after Jack Rabbit thought he would go over to where the cap lay and take a look at it, and just as he got near to the cap he thought he saw something in it move, and going a little closer, he saw it was a bird.

"What are you doing here?" said Jack Rabbit as soon as he recovered from his surprise.

"Why I have found the finest nest in all the world," said the bird. "I had hunted for days and days for bits of string and cloth with which to build my nest, and then this morning, right here, under this tree, I found a nest all built for me. Every bird has seen it and envies me and I shall have the nest."

A young knocker. "Why, Willie, dear! What are you crying so for?"

"Mamma gave me a nice new auto," said the boy, "and she is crying about that!"

"She didn't div me no hammer to break it wia," Browning's Magazine.

Not Contentment. Teacher—Now, children, what is it we want most in the world to make us perfectly happy?

Youngster—The things we ain't got.

Reason Given. Little Edna—Why wouldn't it do to pray for our bread once a week or once a month? Why must we ask every day for our daily bread?

Older Sister—So as to have it fresh, goosey.

Father Knows Everything. If there is anything you want to know, ask father. If he doesn't know, ask no one man knows everything, dig into the matter and find out for yourself.



PROPELLERS FOR HAND SLED

Two Medium-Sized Buggy Wheels Made Use Of to Transmit Power—Pointed Nails Help.

Desiring to propel my hand sled with power transmitted by cranks and wheels, I set about to procure the necessary materials. Two medium-sized buggy wheels were found in the back yard of a blacksmith shop, which were procured for a nominal price. The felles of these wheels were removed, the tenons cut from the spokes and nails substituted, which were driven in their ends so that about one-half inch of the body with the head pointed, writer Justin Stewart in Popular

BUGGY WHEEL

SLED TOP

RUNNER

Sled Propelled by Wheels, Pointed Nails Doing the Pushing.

Mechanics. The heads were then removed and the nail ends sharpened. The hubs were plugged with pieces of wood, whittled to tightly fit the holes. A hole was bored centrally through each plug for a one-half inch rod. This side rod was procured and bent to form a crank,